

# IOWA'S LARGEST TAI CHI CLASS



**WEDNESDAY, SEPTEMBER 23, 2015**

**11:30 a.m. – 12:30 p.m.**

**WEST CAPITOL TERRACE, DES MOINES**

Join us at the State Capitol or in your own community on Sept. 23 – National Falls Prevention Awareness Day – and help set a record for Iowa's Largest Tai Chi Class!

Tai chi is an ancient Chinese exercise system consisting of slow, relaxed movements. Studies show that tai chi improves balance, functional mobility and flexibility; increases strength; reduces risk of falling; reduces pain and stress; and increases psychological well-being.

Governor Terry Branstad will kick off the event by proclaiming Sept. 23 as Iowa Falls Prevention Awareness Day. After that, participants will enjoy a tai chi class followed by falls prevention activities and demonstrations geared toward at-risk individuals, health care providers and the general public.

Can't make it to Des Moines? Visit <https://www.iowaaging.gov/healthy-lifestyles/falls-prevention> to participate in Iowa's Largest Tai Chi Class in a community near you!

Questions? Contact Carlene Russell at (515) 725-3330 or [carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov).